



CALM MINDS GROUP

Calm Minds Group has a unique approach to reducing workplace stress and absenteeism. With our help you can create a productive, innovative and more engaged work environment.

Calm Minds Group offers:

- unique mindfulness programs catered to the corporate environment
- private sessions to help you manage stress and improve health
- programs and initiatives for local communities

We work closely with our clients to find out what they hope to achieve with mindfulness training, discover the right techniques for them and help to improve their day to day life. Mindfulness can help you improve your life whether you are hoping to feel more focussed at work, achieve more in your personal time or improve your relationships.

Stress is a pervading issue in Australian workplaces, significantly impacting productivity.

Change, increasing workloads, pressure on resources and the fast pace of communication mean that people frequently feel stressed and overwhelmed, leading to absenteeism, presenteeism, disengagement and sub-optimal performance.

Over two in five of working Australians rate issues in the workplace as a source of stress. (Australian Psychological Society Stress and Wellbeing Report 2014).



Corporate Programs

In a business setting Mindfulness can have profound and far-reaching benefits for employees' mental and physical wellbeing. Mindfulness has been shown to increase productivity and engage employees, with a demonstrated increased productivity of 20-30% per employee. Mindfulness also improves health by reducing the "stress hormone" cortisol which impairs immune function and interferes with learning and memory and can reduce conditions such as insomnia by up to 35%.

Participants can expect to:

- Learn how to better manage stress with simple techniques that they can apply readily at work and home
- Concentrate better and achieve more by being more productive
- Adapt more readily to change
- Develop skills for better communication and connect more effectively
- Feel more calm and engaged



Mindfulness Coaching

We also offer one on one mindfulness training or private group sessions. We help our clients better understand their mind and implement practical techniques to help them better manage stress, increase focus and improve their overall wellbeing.



Community Programs

Calm Minds Group can work with you to organise mindfulness training programs and run workshops that benefit the members of your community, charity or school. We can work with you to setup meditation workshops in your community centre and provide techniques, guided meditation and educational material for those who wish to get involved.

About your facilitators

Jane Mahon is a qualified rehabilitation counsellor and meditation teacher, trained in both western and eastern traditions. She brings an enthusiasm and caring that comes with being passionate about her chosen field. Jane is devoted to sharing her knowledge of the benefits of mindfulness practices in cultivating emotional balance. She has a wealth of experience in wellness consultancy, health rehabilitation and counselling.

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